

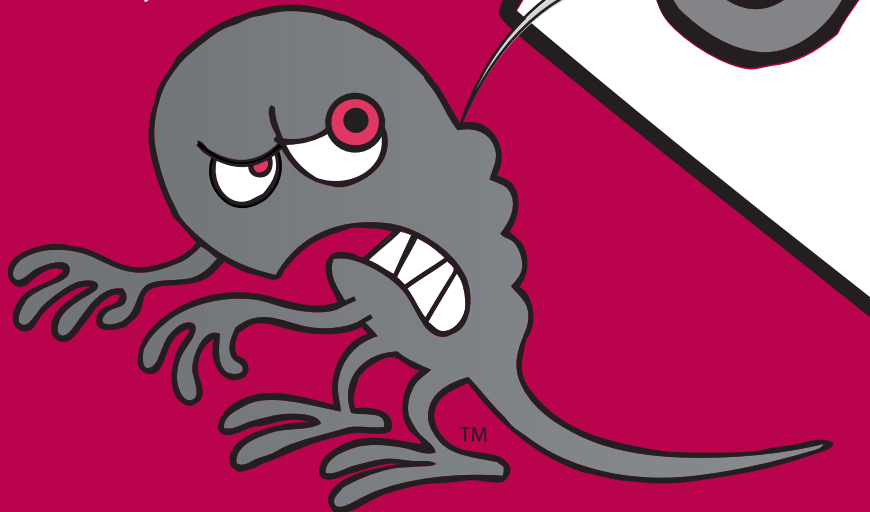
My Unhelpful Thoughts

Noticing thoughts that have a bad impact
on how you feel and what you do.

How to fill in this sheet

Choose a time when you felt worse. What went
through your mind at the time?

- About what you've done or not done?
- About you?
- About others?
- About what has happened?
- About what might happen?
- About what others think
about you?



A large, white, irregularly shaped thought bubble with a thick black border, intended for writing notes. It has a circular hole on its left side, through which a thin grey line connects to the mouth of the cartoon creature.